



HERBS FOR INCREASING MILK SUPPLY

Two herbal treatments that seem to increase milk supply are fenugreek and blessed thistle.

Fenugreek: 610mg-3 capsules 3 times a day

Blessed Thistle: 390mg-3 capsules 3 times a day

- Fenugreek and blessed thistle seem to work better if you take both, not just one or the other
- You can take fenugreek and blessed thistle together with Motilium (Domperidone)
- Fenugreek and blessed thistle work quickly. If they are going to work, you will usually notice a difference within 3-4 days of starting them
- Fenugreek is often sold as a combination with thyme. Do not buy this combination, try to get the capsules with fenugreek alone
- Fenugreek has a distinctive smell-if you cannot smell it on your skin then you are not taking enough

Other herbal remedies that have been used are: raspberry leaf, fennel, goat's rue, brewer's yeast, alfalfa, nettle tea, moringa and many others but their effectiveness has not been proven.

Where to get the herbs:

Bluebottle Pharmacy - 148-17th Ave. NE. Calgary, AB T2E 1L6

Tel: (403) 276-3364

Cambrian Pharmacy - 728 Northmount Dr NW #9, Calgary, AB T2K 3K2

Tel: (403) 289-9181

Community Natural Foods- 3 Locations:

<https://www.communitynaturalfoods.com/locations>

Planet Organic- 4 Locations: <http://planetorganic.ca/locations/>